

# The 100 Congregations for a Million Hearts® Initiative

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# Objectives

- Explain Key Components of the 100 Congregations for a Million Hearts® Initiative
- Brainstorming ACHDHE Possible Roles with 100 Congregations for a Million Hearts® Initiative

# WHY the MILLION HEARTS<sup>®</sup> INITIATIVE?

**1** of every **3**  
deaths is caused by  
heart disease and stroke



  
Health care costs  
for heart attack  
and stroke:  
**\$312.6  
BILLION**

  
Leading cause of  
**PREVENTABLE  
DEATH**  
in people 40–65  
years of age

  
**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

## FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

## USE HEALTH IT


Use **electronic** health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.


## USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS


By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017**:

  
47% to **70%**  
increase in aspirin  
use for secondary  
prevention

  
46% to **70%**  
increase in blood  
pressure control

  
33% to **70%**  
increase in  
cholesterol  
management

  
23% to **70%**  
increase in help  
for those who want  
to quit smoking

  
**20%**  
reduction  
in sodium  
consumption

  
**50%**  
reduction  
in trans fat  
consumption

# Million Hearts® Initiative Goals

The goal of the Million Hearts® initiative is to prevent 1 million heart attacks and strokes by 2017.

Let's make this happen!



# 100 Congregations for Million Hearts® Focus Areas

The Million Hearts® initiative aims to prevent heart disease and stroke by:

- Improving access to effective care
- Improving prevention strategies
- Improving adherence to appropriate medications
- Empowering the public to lead a heart-healthy lifestyle

# To Join Million Hearts® a congregation must:

Designate a Million Hearts® advocate to serve as a resource for heart health information.

In addition congregations are asked to:

- Establish / strengthen relationships with [local experts and resources](#) ( pharmacists, community health centers)
- Disseminate messages about the importance of and action steps to hypertension control;
- Promote [Heart Health Mobile](#) (an app that helps you determine and reduce your heart attack and stroke risk) and;
- Distribute blood pressure tracking wallet cards.

# Current Virginia Million Heart Partners

- Baptist General Convention of Richmond
- Urban League of Hampton Roads Young Professionals
- Virginia Health Quality Center
- Virginia Medical Reserve Corps
- Norfolk State University
- VDH Office of Family Health Services
- VDH Office of Minority Health & Health Equity

## Now let's Explore....

Can you envision ACHDHE members having a role in support of Virginia's efforts around Million Hearts Campaign?

If so, How???



# For More Information Contact

Virginia Million Hearts

<http://www.vdh.virginia.gov/OMHHE/>

[http://millionhearts.hhs.gov/aboutmh/100\\_congregations.html](http://millionhearts.hhs.gov/aboutmh/100_congregations.html)

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